Vomiting and Diarrhea (Gastroenteritis)

What can we do about our current outbreak?

What Causes Gastroenteritis?

- Caused by a germ
  - virus
  - bacteria
  - parasite

What Causes Gastroenteritis? (cont)

- It gets into your stomach and intestines
  - causes inflammation of the Stomach (=>nausea and vomiting)
  - or intestines (=>cramping and diarrhea)
  - Keeps you from absorbing food and water

How do we get it?

- It is transmitted by a someone who is carrying germ.
- They use the Head and don’t properly wash their hands afterward

How do we get it?

- Someone carrying the germ uses the Head and doesn’t properly wash their hands afterward

How do we get it? (cont)

- After leaving the head, they touch surfaces that others touch
  - Door knobs
  - Ladder rails
  - Hatch handles

- The germs get deposited there

(Think of all the surfaces <u>you</u> touch in your day)

How do we get it? (cont)

- The next person comes along and touches the same surface
- Now they have the germ on their hands
- They then fail to properly wash or sanitize their hands before eating

How do we get it? (cont)

- They then get the germs on their food or on their utensils
- Those germs are then swallowed infecting them
- And the cycle starts all over again…

So how do we prevent it?

- Wash hands after using the Head!
- Clean surfaces that people touch
- Wash or sanitize your hands before eating!

Washing hands

- Use soap and water
- Wash for about 15 seconds
  - Sing happy birthday to yourself for timing
- Dry your hands with a paper towel
  - (leave the water running)
- Turn off the faucet with the paper towel
- Open the door on the way out with the paper towel
- Deposit the paper towel in the trash OUTSIDE the head

Washing hands (cont)

- RPPO’s can pick up paper towels at Supply S-8 for any heads you are responsible for.
- Large burnable paper bags can also be picked up at Supply S-8 for used paper towels outside of heads

Cleaning Surfaces

- During Spirit /during Sweepers
  - Door Knobs
  - Hatch handles
  - Ladder rails
  - Faucets
- Use spray disinfectant
  - Same stuff we have for gym equipment
  - Spray, leave for 5 seconds, wipe off
    (“wax on…wax off”)

Wash or sanitize your hands before eating!

- Use the hand sanitizer before picking up plates, cups or utensils
- Keep hand sanitizers full
- PROTECT YOURSELF!

Summary

- Do what your mother always told you!

- Wash your hands after using the head
- Keep things clean
- Wash before eating